



WELCOME!

**Tell us in the chat: Where are you from,
who was your favorite teacher and what
class/grade did they teach?**



**The Kids
Mental Health
Foundation™**



**NATIONWIDE
CHILDREN'S®**

Proudly Founded By



Strong Start, Stronger Year:

Building kids' mental
health for the school year

Ariana Hoet, PhD

Whitney J. Raglin Bignall, PhD

Moderated by: Diane McGuire



Reminders

This is an **INTERACTIVE** webinar.

- Recording in progress
- Q&A at the end
- Webinar toolkit in the chat
- Slides will be emailed





Dr. Whitney Raglin Bignall Dr. Ariana Hoet

Our mission is to give expert-created resources and tools to all U.S. communities so that **everyone can understand and promote mental health for children.**

With the goal to:

Break
Stigmas



Increase
Mental Health
Literacy



Teach
Skills



**The Kids Mental Health
Foundation**



**Thank you,
Corporate Collective
Members!**

Abercrombie & Fitch Co.



**The Kids Mental Health
Foundation**



We'll Learn...

1. How to understand the different **feelings** with going back to school.
2. **Steps** to handle back-to-school **stress** in a **mentally healthy** way.
3. How to apply **5 tools** to build student **success**.

***Back-to-school comes with
a whole lot of emotions!***



**The Kids Mental Health
Foundation**

Share with us:

What feelings are you noticing in your home right now? This could be your emotions or your children's. Select all that apply.



Steps for Handling Back to School

1.

Talk with your
child

2.

Get back into
school year
routines

3.

Get organized
and review
expectations

4.

Connect with
the school



The Kids Mental Health
Foundation

Steps for Handling Back to School

1.

**Talk with your
child**

Get back into
school year
routines

Get organized
and review
expectations

Connect with
the school



**The Kids Mental Health
Foundation**

Getting Ready for Back to School!

Step 1: Start having conversations with your child.

- Ask how your child is feeling about going back to school.
- Use open ended questions and **listen!**

What are
you excited
about this
school year?

What adult will
you go to when
you need help or
support at
school?

What's your
favorite
memory from
this summer?



The Kids Mental Health
Foundation

Check In With Your Child (Especially When Starting at a New School or Grade)



- There are a lot of emotions associated with transitions!
- Kids can feel both excited and nervous to go back.
- Different things will evoke different emotions for every student



If Last Year Was Tough...

- **Reflect** on what was tough!
- **Talk** about how you can counteract those things this year
- **Think** about activities they can do outside of school that they enjoy



**The Kids Mental Health
Foundation**

Steps for Handling Back to School

1.

**Talk with your
child**

Get back into
school year
routines

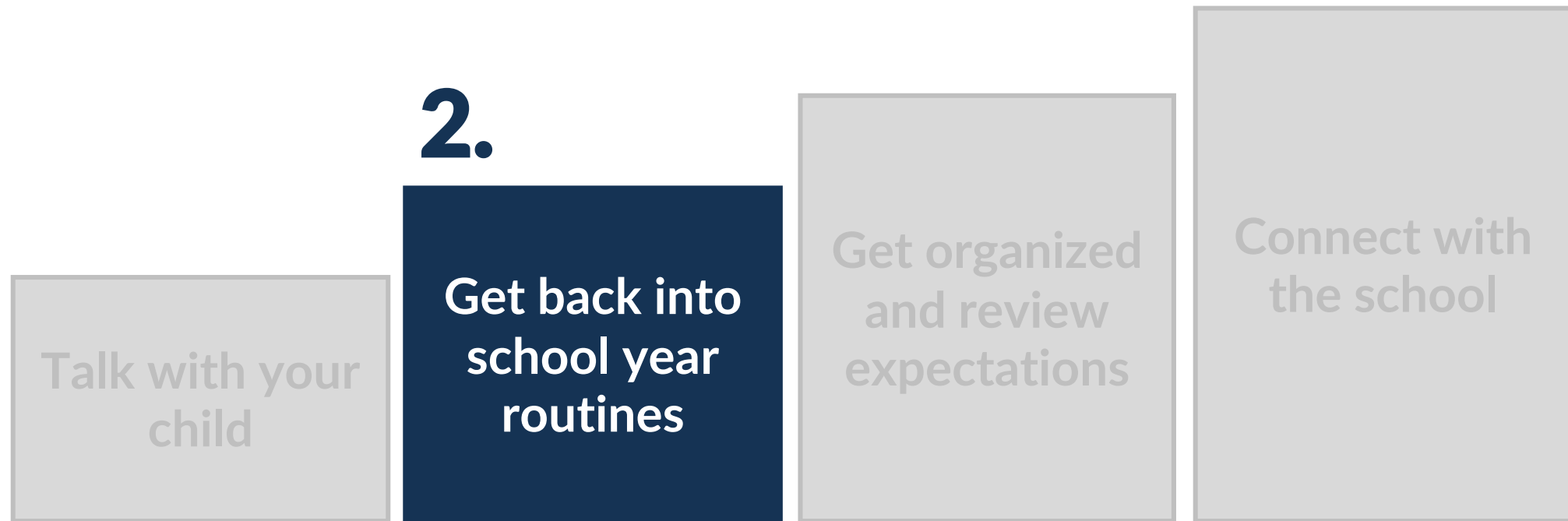
Get organized
and review
expectations

Connect with
the school



**The Kids Mental Health
Foundation**

Steps for Handling Back to School



Getting Ready for Back to School!

Step 2: Get back into routines.

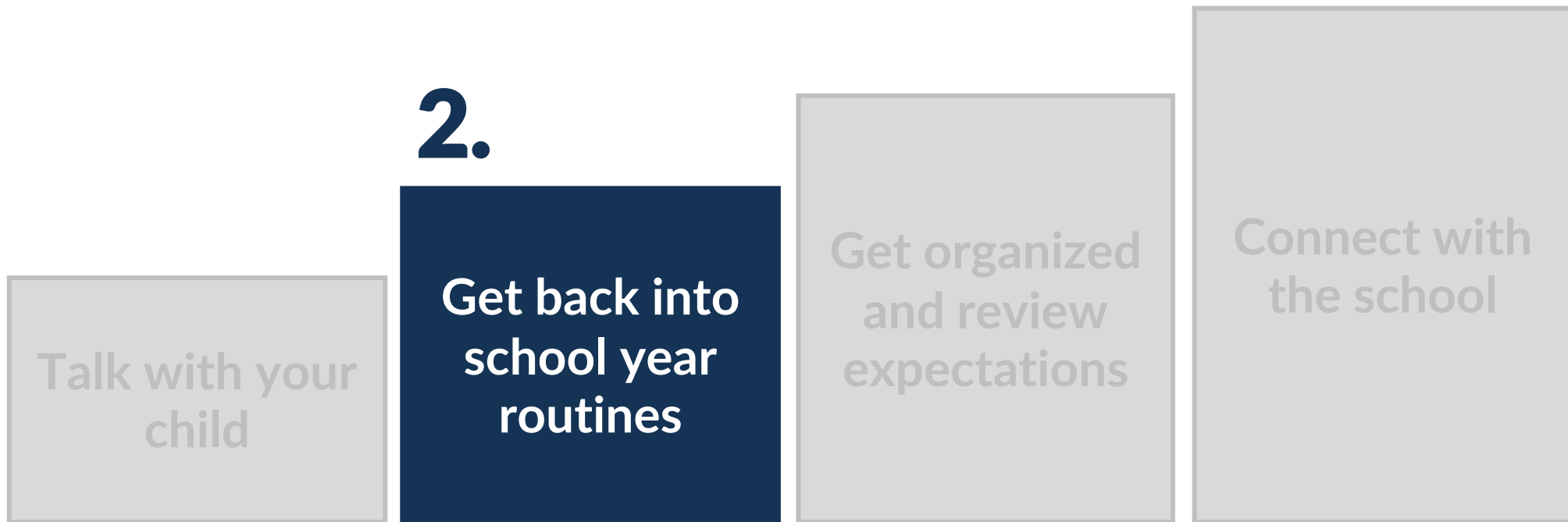


- Gradually move your child's bedtime and wake up time (15 minutes each day).
- **Review** your child's expected **schedule** and new **routines** together (ex. bus stops, morning routines, after school routines, etc.)
- **Practice!**

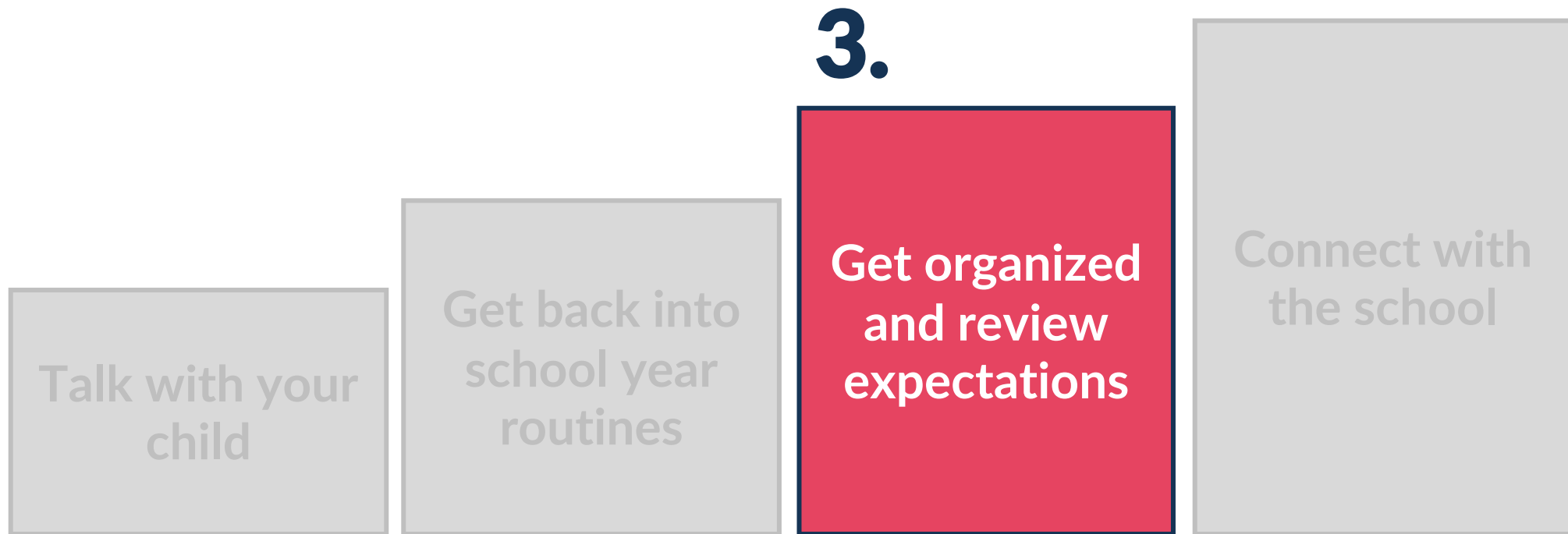


The Kids Mental Health
Foundation

Steps for Handling Back to School



Steps for Handling Back to School



Getting Ready for Back to School!

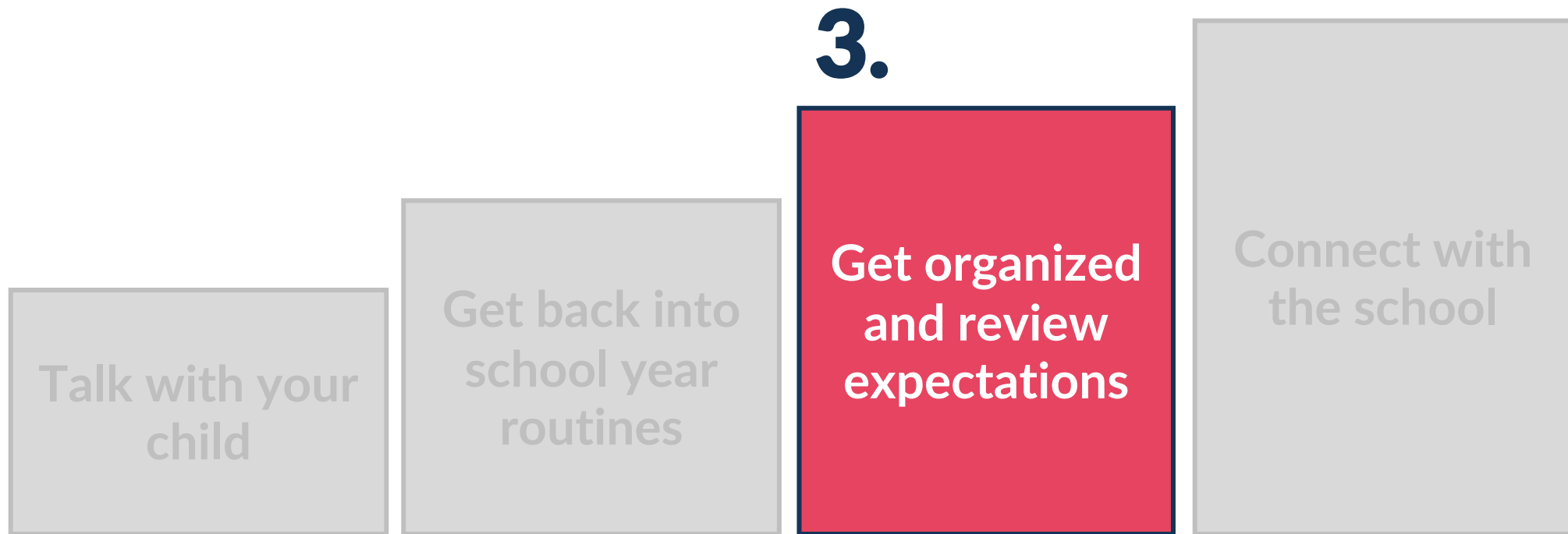
Step 3: Get organized and review expectations.



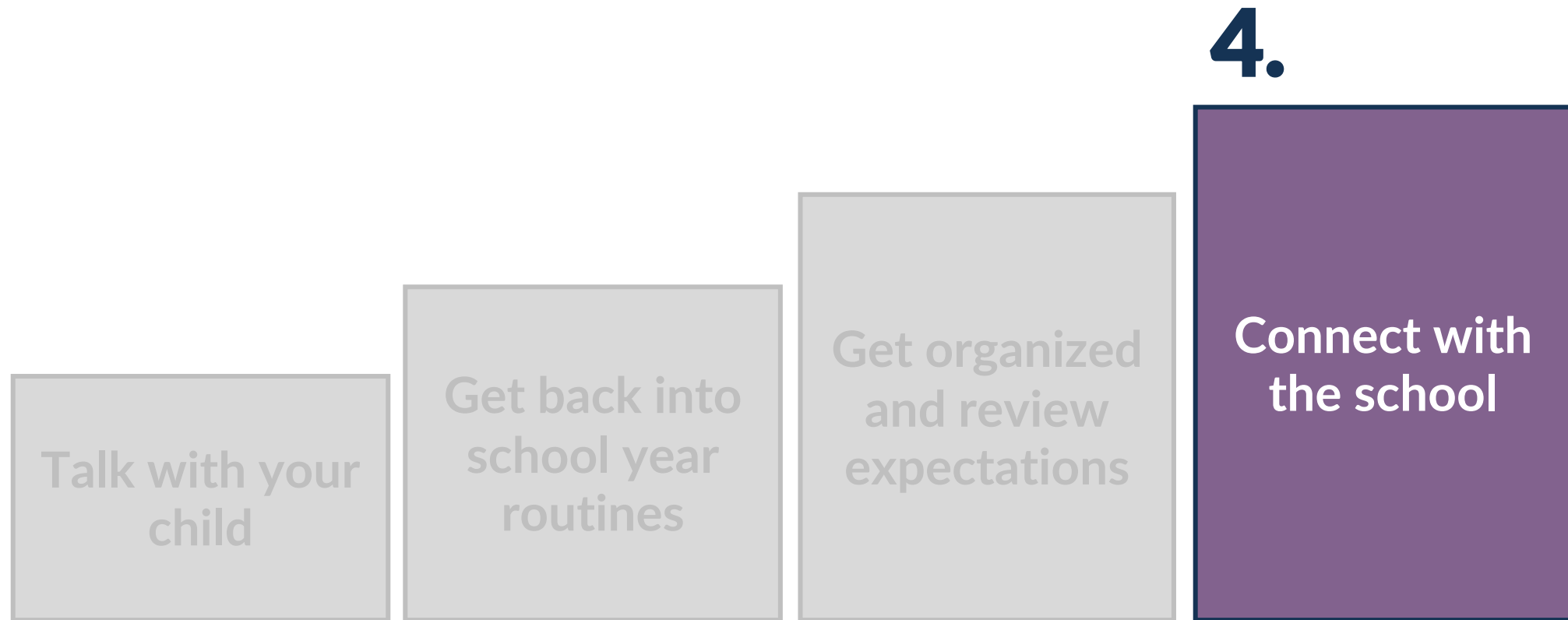
- Include your child in:
 - Choosing a study space.
 - Picking a place to put papers.
- Print out the school calendar.
- Make sure kids know your rules and expectations.
- Talk with them about who they can ask for help.



Steps for Handling Back to School



Steps for Handling Back to School



Getting Ready for Back to School!

Step 4: Connect with the school.

- Can help your kid's sense of belonging
- Try attending school events and/or reaching out to their teacher(s)
- Get creative!

**Connecting with School:
Parent's Guide**

Did you know that when a child feels connected to their school, it helps their mental health? You can help this connection by knowing who to contact and activities they can be involved in. Consider using this to guide your conversations with the school.

1) What are the names of my child's teachers: _____ _____ _____	3) Are there other staff member(s) important for my child (i.e., nurse or education specialist)?: _____ _____
How often should I be checking in with them? (weekly / monthly / each quarter) _____	Contact Information: _____ _____
How do I contact them if I have concerns? (email / call school / text teacher / send in a note with child) Contact Information: Teacher #1: _____ Teacher #2: _____ Teacher #3: _____	4) Are there important events and meetings at school for me to attend? When are they? _____ Date: _____ _____ Date: _____ _____ Date: _____
2) What is the school guidance counselor's name: _____ In what ways can a school counselor help? _____ _____	5) What are some important dates for my child (this could include testing, safety drills, days off, field trips, school dances)? _____ Date: _____ _____ Date: _____ _____ Date: _____
Contact Information: _____ _____	6) What are some clubs, sports, or activities that my child can participate in? How do I sign my child up if we're interested? _____ _____ _____ _____



Back to School

Mental Health Checklist

☐ Get back into a routine.

About 2 weeks before school starts, gradually (15 minutes each day) move your child's bedtime and wake up time back to what they will be during the school year.

[READ MORE](#)

"What book do you want to read before bed?"

☐ Talk to your child

Find a relaxed time when you can give your full attention, such as after dinner, or at some other quiet time.

[READ MORE](#)

"What are you excited about this school year?"

☐ Review your child's expected schedule and new routine for school.

Prepare for changes this school year. For example, visit a new bus stop location or new building.

[READ MORE](#)

"How are you feeling about changing classrooms throughout the day?"

☐ Get organized.

Have a designated place for school materials and a study area. Include a print out of the school calendar with due dates and events.

[READ MORE](#)

"Where can you focus to get work done outside of school?"

☐ Talk about expectations — yours and your child's.

Help your child set goals for the school year and take time to check in about their feelings for the upcoming year. Don't forget to also talk about your rules and expectations.

[READ MORE](#)

"What do you want to get better at this year?"

☐ Connect with the school.

Meet their teachers and school staff. Mark school events on your personal calendar so you can plan to attend. Encourage your child to join extracurriculars.

[READ MORE](#)

"What are some school activities you want to participate in this year?"

☐ Have a last hurrah.

Have an at-home movie night, take a family bike ride or visit a local attraction like a park, museum or zoo.

[READ MORE](#)

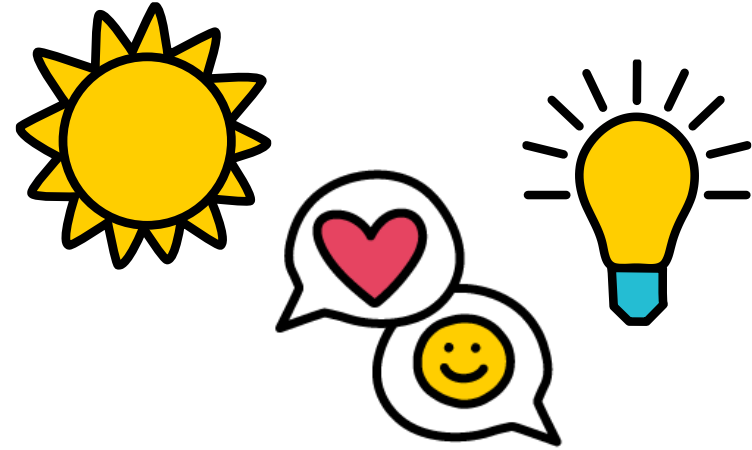
"What would be fun to do together?"

WM710600

WM710600

Bonus: Celebrate the end of summer!

- Take time to plan a family moment together.
- This encourages kids to view the transition as a **positive change** and something to look forward to.



**We want to hear from you:
How do you like to celebrate as a family?**



5 Skills for Student Success



Routines

Organization

Setting School
Goals

Time
Management

Study Skills
and
Reinforcement



The Kids Mental Health
Foundation

1. Routines

Routines provide structure and reduce conflict.

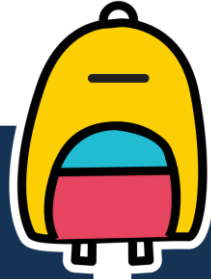
- Plan for before and after school
- Work with your child
- Set expectations (and make sure your kid knows them)!



2. Organization

Elementary

Use a folder to keep all papers in the same place and put things back.



Middle/High

1 place for school materials. May need multiple folders or a binder with dividers.



High School+

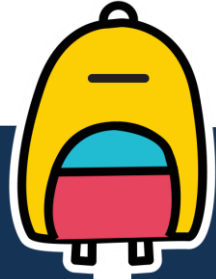
May need digital folders for each subject. Encourage them to review/delete old files.



2. Organization

Elementary

Use a folder to keep all papers in the same place and put things back.



Middle/High

1 place for school materials. May need multiple folders or a binder with dividers.



High School+

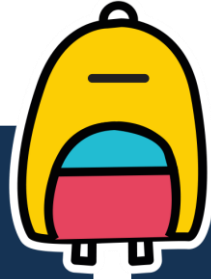
May need digital folders for each subject. Encourage them to review/delete old files.



2. Organization

Elementary

Use a folder to keep all papers in the same place and put things back.



Middle/High

1 place for school materials. May need multiple folders or a binder with dividers.



High School+

May need digital folders for each subject. Encourage them to review/delete old files.



Share your thoughts:
**What are some organization tips that help
your family? Post them in the chat.**



3. Setting School Goals

Kids often feel overwhelmed by big assignments, so they avoid them.

It can help to break goals down into smaller steps.

Encourage specific, academic goals.

Track progress!

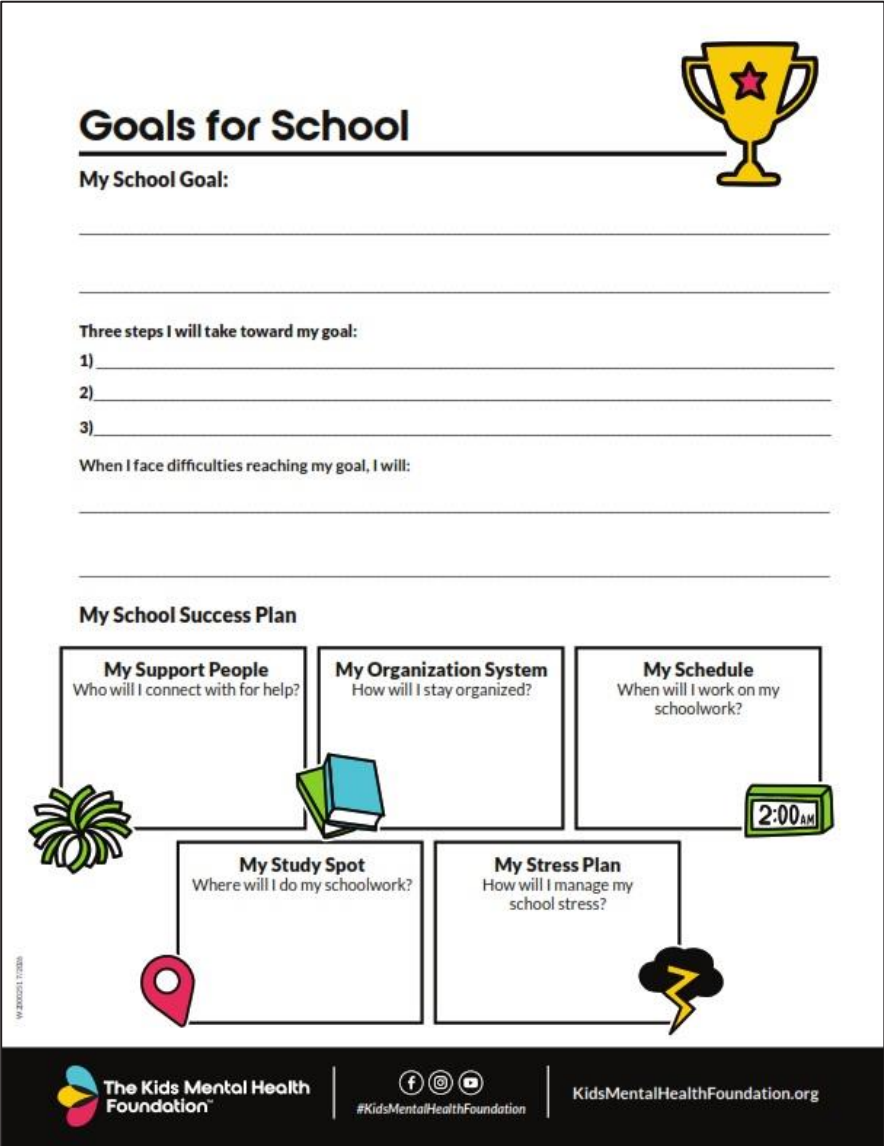


3. School Goal Example

My School Goal: "I want to get my book report done and turned in on time."

Three steps I will take toward my goal:

1. Read the book by (date).
2. Write the outline by (date).
3. Write the paper by (date).



Goals for School 

My School Goal:

Three steps I will take toward my goal:

1) _____

2) _____

3) _____

When I face difficulties reaching my goal, I will:

My School Success Plan

My Support People Who will I connect with for help? 	My Organization System How will I stay organized? 	My Schedule When will I work on my schoolwork? 
My Study Spot Where will I do my schoolwork? 	My Stress Plan How will I manage my school stress? 	

 **The Kids Mental Health Foundation** |    **#KidsMentalHealthFoundation** | [KidsMentalHealthFoundation.org](https://www.KidsMentalHealthFoundation.org)

4. Time Management



Set timers.

*Encourage
routinely
checking the
planner/
Calendar.*



**The Kids Mental Health
Foundation**

[illegible]

You've got this!

MONDAY	TUESDAY	WEDNESDAY
☐	☐	☐
☐	☐	☐
☐	☐	☐
☐	☐	☐

THURSDAY	FRIDAY	WEEKEND
☐	☐	☐
☐	☐	☐
☐	☐	☐
☐	☐	☐

4. Time Management



Set timers.

*Elementary:
Help them
with their
planner and
try a
calendar.*

*Don't
forget to
take
breaks!*

*Encourage
routinely
checking the
planner/
Calendar.*

*Older
students: Use
planners or
digital apps
to track
assignments.*

5. Study Skills and Reinforcement



1. Put pen to paper.

Try making an outline, creating flashcards or rewriting notes, to practice and memorize material. Repetition is key!

2. Ask them to teach you the material.



3. Designate a quiet space for studying.



5. Study Skills and Reinforcement

- Notice effort and give praise.
- Think about rewards for their achievements.
- Acknowledge improvement.
- Share compliments your child has received with them.





What if my child is still struggling?

Reach out to their teacher and/or school counselor and provide encouragement.



**The Kids Mental Health
Foundation**

Poll Question:

Which of these skills will you try first?

**Routines, Organization, Setting School Goals, Time
Management, Study Skills & Reinforcement?**





**Add your question to the Q&A at the
bottom of your screen!**

What We've Learned...

- Steps to help prepare your kids for back to school:
 - **Checking in with your child**
 - **Getting back into routines**
 - **Getting organized and discussing expectations**
 - **Connecting with their school**
 - **Celebrating as a family!**



**The Kids Mental Health
Foundation**

What We've Learned...

- 5 skills for student success – use throughout the school year
 1. Routines
 2. Organization
 3. Setting school goals
 4. Time management
 5. Study Skills and Reinforcement



Get FREE mental health and wellness
resources sent to you!

Newsletter



WhatsApp - Spanish



The Kids Mental Health
Foundation



Keep in touch!

Website: KMHF.org

Instagram: [@KidsMentalHealthFoundation](https://www.instagram.com/KidsMentalHealthFoundation)

Questions? Email:

Info@KidsMentalHealthFoundation.org

Proudly Founded By —

